



Norse Valley Lodge 5-491

Nytt Notes May 2026

Winners of Golden Spatula and Ladle awarded at April Lodge Meeting!

Congratulations to **Mary Vandenberg** for her Tropical Dream Bar desert and **Pam Ulness** for her award winning Chili that thrilled the palates of two dozen Norse Valley lodge members on April 18th.



Mary Vandenberg was kind enough to share her award winning dessert recipe.

Tropical Dream Bars

½ cup butter

½ cup brown sugar

1 cup flour

Combine above ingredients as for pie crust and press into buttered 8 x 12-inch pan. Bake at 350 degrees about 10 minutes, until brown.

½ teaspoon salt

1 cup brown sugar

2 eggs

2 Tablespoons flour

½ teaspoon baking powder

1 cup shredded coconut

1 cup nuts, cut fine

1 teaspoon vanilla

Combine above and spread over baked crust. Bake again 20-25 minutes.

Juice of ½ lemon (about 1½ Tablespoons)

2 Tablespoons melted butter

1 cup powdered sugar

Frost when cool. Cut into squares.

ENJOY!

Upcoming Lodge Meetings are as follows:

Sunday May 17th at Noon: Syttende Mai Picnic at Dercks Park

It only happens about once in ten years but our Picnic celebrating Norway's Constitution Day actually falls on May 17th, the actual Syttende Mai. The Lodge will provide lefse, hot dogs, and ice cream. With the price of gas and airline fuel going up, we have a much cheaper alternative than traveling to Oslo.

We will have trivia contests and field games for children of all ages to have fun. All we ask is that you bring a side dish and a smile on your face.

Dercks Park is located at the corner of Kensington Drive and Guyette Drive, just west of highway 441 in south east Appleton (1/2 way between Menards and Target Stores).

Then we'll take the summer off for any formal Lodge meetings (June, July, and August) but there will still be opportunities to still get together (see below).

Our first Lodge meeting after the summer break will be September 19th at 6:00 p.m. which will be held at Our Saviour's Lutheran Church located at 3009 North Meade Street in Appleton. It will be another good one!

Olaf Minge from Saint Paul, Minnesota will travel to Appleton on September 19th and speak to us about the United States Army's 99th Battalion, a group initially formed to help liberate Norway from Nazi occupation in World War II, were almost exclusively of Norwegian descent. These soldiers began their training at Camp Ripley, MN, but were eventually transferred to Fort Snelling, MN. They were moved to Camp Hale in Colorado around Christmas of 1942, and the mountains of Colorado, much, much larger than Norway's, gave the men a great advantage in their alpine training.

His presentation dives into the 99th's experiences in their training, and also explores the group of soldiers from the 99th that were put into the Special Ops branch and Operation RYPE. These soldiers would be among the few to go to Norway in 1945. The Battalion undertook many challenges during their time in the war, and also lost many. They did, however, come out with a sense of pride and unity as a small group, and eventually served as Honor Guard for the return of King Haakon to Norway.

Volunteer Opportunities coming up in the next four months!

The next Feeding America volunteer event is coming up on May 6th!

Please mark your calendars for **Wednesday May 6th from 12:30 a.m. to 3:00 p.m.** to help the less fortunate in Northeast Wisconsin at Feeding America. Norse Valley members can volunteer at Feeding America on the north side of Appleton, at that time. We will pack boxes with food items.

Please contact Norse Valley member Linda Hash, (lhash@new.rr.com), our volunteer coordinator, if you would like to help out on Wednesday, May 6th. I'm looking forward to it and I hope to see you there!

Norwegian American Genealogical Center Volunteer Day Monday July 13th.

We'll make a car-pool trip to NAGC to help them with some projects to spruce up their grounds and/or inside library projects. We'll arrive at their location at 9:30 a.m. in Madison at 415 West Main Street and work until 2:30-ish. The staff at NAGC is always appreciative of our annual Volunteer efforts and usually serves us a healthy catered lunch. Please contact Corey Olson no later than July 1st at clobadger87@gmail.com and let him know if you can drive or ride to Madison with us.

Lodge Fund-Raising Brat Fry Saturdays July 25th and August 22nd.

These are our top two fund-raisers each year and we need your help to man the sales counter and / or publicize to your friends and neighbor.

On July 25th, we will be at the Festival Foods Brat Stand on Northland Avenue. Corey Olson will be our grill master throughout the day. We need a shift covered from 8:00 to 10:30 a.m. to help Corey with set-up. We'll be open to selling from the brat stand from 10:30 a.m. to 4:30 p.m. We'll need two people to volunteer to help sell brats and burgers from 11:00 a.m. to 2:00 p.m. for the Lunch rush. We'll also need one person to volunteer Corey and Patrick to work a shift from 2:00 p.m. to 5:00 p.m. to handle selling during the post lunch crowd and clean-up.

On August 22nd, we will be at the Festival Foods Brat Stand on Green Bay Road in Neenah. Again, Corey has volunteered his whole day for the Lodge to be grill master. He'll need one person to help with set-up from 8:00 a.m. to 10:30. We need three people to help sell brats and burgers from 11:00 a.m. to 2:00 p.m. to handle the lunch rush. Two people are needed from 2:00 p.m. to 5:00 p.m. to help with sales and brat stand clean-up.

If you can help the Lodge to fill one of these shifts on either or both dates, please contact Corey Olson at clobadger87@gmail.com

Constitution Day in Bergen, Norway

May 17th starts with a Boom! At 7:00 a.m. a cannon is fired The morning procession has officially kicked off the day of celebration. With top hats and flags aloft, the procession winds its way through the city, to the delight of early risers.

The day is filled with joy and activities that are well worth experiencing. While many say Constitution Day is a day for children. In Bergen, it's a day for everyone!

There is something special about the May 17th celebrations in Bergen. The special atmosphere, the crowds, the great many boats in Vågen harbor, the informality and fun of it all... The people from Bergen have always been a bit different, and that also applies to Constitution Day. The parade, or "procession" as it is known in Bergen, is a colorful affair.

All kinds of clubs and organizations put on a cultural and funny show that often reflects relevant aspects of society. Sports clubs dribble balls, dance, do gymnastics and play rugby along the streets, much to the onlookers' delight. The football club Brann's players are also part of the parade; how high they hold their heads depends on the club's position in the league and the result of the game the



day before... Dentistry students dress up as the well-known Norwegian children's book characters Karius and Baktus and throw sweets to the children. The dignitaries wearing top hats and long ribbons on their jackets usually start the procession, followed by marching bands. Everybody knows someone in the procession, and they wait eagerly along the route for them to come along, to wave and wish them a happy Constitution Day.

Bergen does not only have one parade, but two! While the main procession winds its way through the streets, the 'flag parade' walks in the opposite direction. The children from the schools in the city centre wave their flags and the city's Buekorps boys drum and march through the streets. The Buekorps tradition goes back for a long time. The idea originated in the 19th century national guard, when the citizens were obliged to help defend the city. Boys who had fathers in the national guard started to imitate the drill in play, and in the mid-19th century the first boys corps' were formed. In the past, they could be found in several cities but the tradition has only survived in Bergen.

Students in their final year of upper secondary school take up the rear, jumping and dancing with what energy they have left after a night of partying. They hand out their 'graduation' cards to children who collect them with great enthusiasm.

This is a day for food traditions and ice cream. Some people book a table to have lunch in the city center, others go home to eat traditional cured meats and sour cream porridge, while others stay to observe the hustle and bustle of the city.

A break and chat over a nice drink is part of the fun for adults and children alike. Children grin while they enjoy their third or fourth ice cream, and women and men wear their traditional bunad costumes with pride. The traditional costumes known as bunad are often passed on from generation to generation, and the different embroidery reflects the owner's roots.



Speeches and entertainment are performed at Festplassen square, and the national anthem rings out in a cacophony of voices. Afterwards, it is time for a long list of different activities. Some of the activities include dinghy sailing on Lille Lungårdsvann Lake, rowing races in Vågen harbor, and climbing the mast at Festplassen square and musical numbers on provisional stages across the city. .

The day ends with another cannon fired and colorful fireworks against the backdrop of the darkening night sky. People then walk home, proud and tired.

Masse Moro sign-up Deadline coming May 17th!

It's May. Do you know where your kids and grandkids, other young relatives and friends are going this summer for a camp?

Have I got a great suggestion for you.... Check out the flyer below and then ask those children if they would like to go to a 2-week, fun-filled, exciting adventure at the Masse Moro (the name means "Lots of Fun") camp in Fall Creek, Wisconsin. It is a Norwegian based camp, but they do all KINDS of stuff. You don't have to be of Norwegian descent to go there. Everyone is welcome!!! 28 kids have signed up so far. We can take more.

Every child who has been to this camp wants to come back every year until they are too old. THEN, they come back as volunteers and counselors in future years!

MASSE MORO

Sons of Norway Fifth District Norwegian Heritage Camp



WHAT IS MASSE MORO?

Masse Moro is a Norwegian heritage camp for youth sponsored by the Sons of Norway Fifth District. Since 1979, it has been helping youth celebrate their Norwegian heritage and getting families connected to the Sons of Norway through its cultural immersion program. At camp, youth will learn the language, eat the food, listen to the music, tell the tales and myths, and celebrate the traditions of Norway.

ELIGIBILITY

Our camp is open to both boys and girls between the ages of 9 and 15 years old. (Campers must be 9 as of the first day of camp. No exceptions.) A two-week sleepaway camp, campers stay in cabins (furnished with bunk beds) along with 2-3 staff members and an additional 9-12 other campers. This small, cozy atmosphere creates a bonded tight-knit cabin that creates a home away from home where campers feel safe and comfortable.

RATE FOR MASSE MORO

Tuition

\$1,200.00*

Includes admission for one camper for the two-week session

Applications must be received on or before May 17th in order for your camper to qualify for matching funds through District Five. After May 17th, we will continue to accept applications until July 1st.

In order to qualify for District One scholarship support, please turn in your Camper Application to your lodge as early as possible. The scholarship deadlines may be different in other districts, so please communicate with them early for your best chances at financial aid.

Please visit www.massemoro.org and select the "Admissions Information" tab for all application materials including the Camper Application, Matching Funds Form, and Health Forms.

*Subject to change.



Masse Moro Sons of Norway Fifth District Norwegian Heritage Camp
July 12-25, 2026 • Beaver Creek Nature Reserve, Fall Creek, WI
www.massemoro.org • Facebook: www.facebook.com/groups/massemoro



WHAT'S ON OUR PLATES

Campers will have 3 square meals a day including snacks and breaks throughout the day. At the beginning of every meal, campers are taught the vocabulary for that meal as well as key meal-time phrases in Norwegian. Campers eat a mix of traditional Norwegian cuisine and American favorites. Special dietary accommodations can be met, including allergies and vegetarian/vegan diets.



WHAT'S THE NEXT STEP?

Register for camp today! We'll walk you through the process with our easy checklist.

1. Visit www.massemoro.org and select the "Admission Information" tab
2. Fill out the application
3. Fill out the Health Form for your camper(s)
4. Pay your \$100.00 application fee (used toward tuition)
5. Receive your Camper Welcome Packet/Email
6. Start packing (we have a packing list on our website under the "Admissions" tab)
7. Attend camp July 12-25, 2026

Attention Facebook Users

Be sure to Follow our lodge's Facebook page (@norsevalley) and check in regularly to Like and Share our posts if you happen to miss them in your feed.

The more our posts are Shared and Liked, the more exposure our lodge gets which is great advertising for us. Don't forget that our website norsevalley.org is a great place to find out about upcoming events and check out photos from past events.

Got a question? Send an email to norsevalley@gmail.com.

If you have any questions or concerns about lodge activities, please contact Lois Gruetzmacher at gmacher@charter.net or 920-527-1337.